

Prayer Meeting &
Bible Study

June 12, 26
Jul 3, 10, 17, 24

11:30 am - 1:15 pm

IN GOOD HEALTH

God's Design for a Healthy You

5-WEEK BIBLE STUDY SERIES

Join us live on Zoom

Meeting ID: 834 5430 3988

Passcode: 627132

Rev. Larrin Robertson, Pastor-Teacher
Word For Life Church Ministries



Spiritual Health: Connection and Fellowship for Spiritual Wellness



Explore & Explain

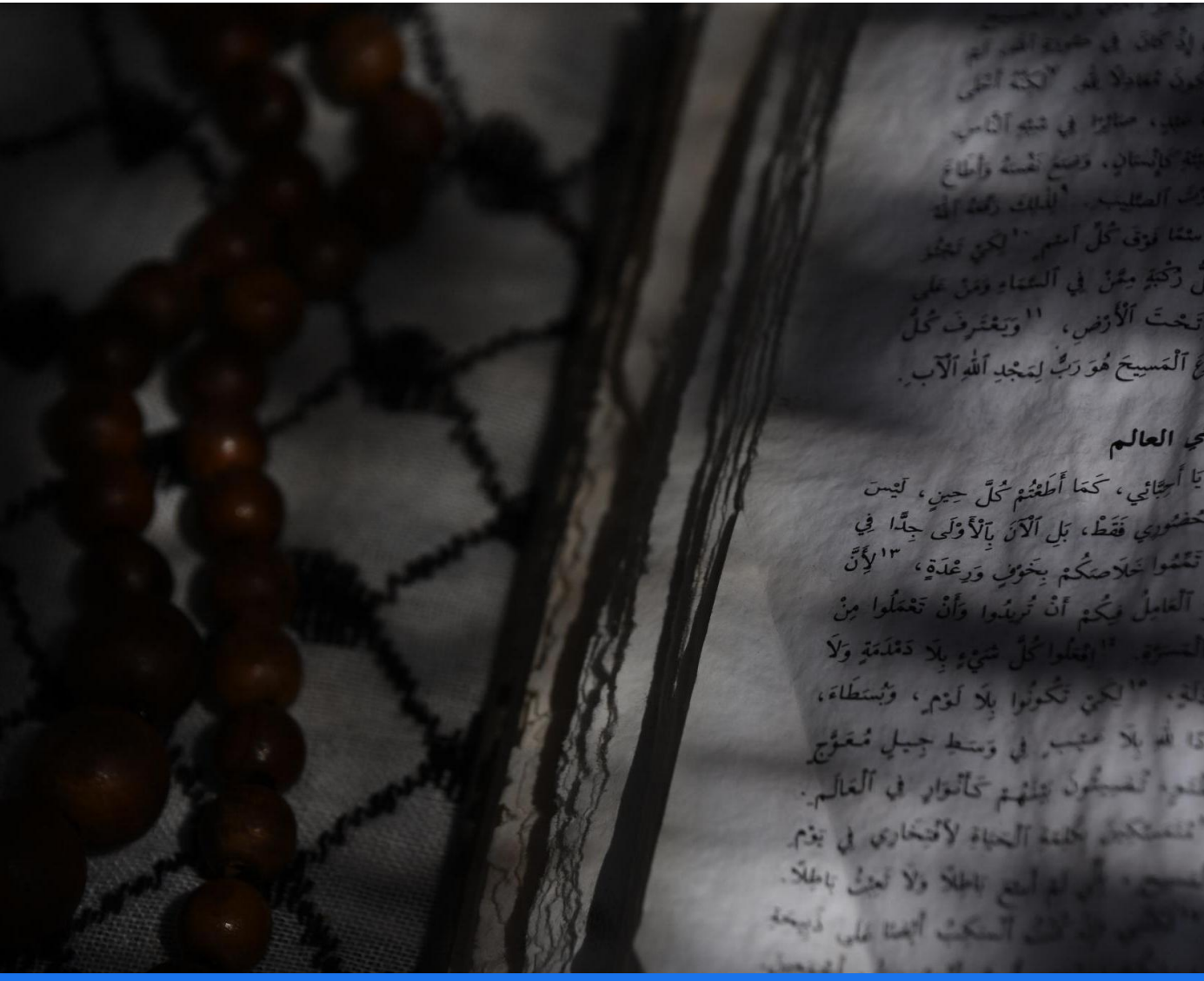
Ephesians 3:17-19

16. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being,
17. So that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love,
18. May have power together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ,
19. And to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God

John 15:4-5

Explore & Explain

4. Remain in me, as I also remain in you.
No branch can bear fruit by itself, it must remain in the vine. Neither can you bear fruit unless you remain in me.
5. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

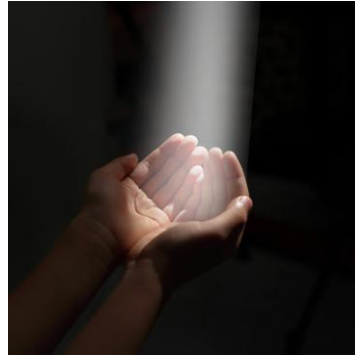


Lesson Agenda

- Connection with God Is Foundational
- Fellowship with Believers is Essential
- Abiding in Christ
- Application: Renewing Spiritual Disciplines

Connection with God
Is Foundational

The Importance of Prayer



Direct Communication with God

Prayer serves as a direct line of communication with God, allowing believers to share their thoughts and concerns.



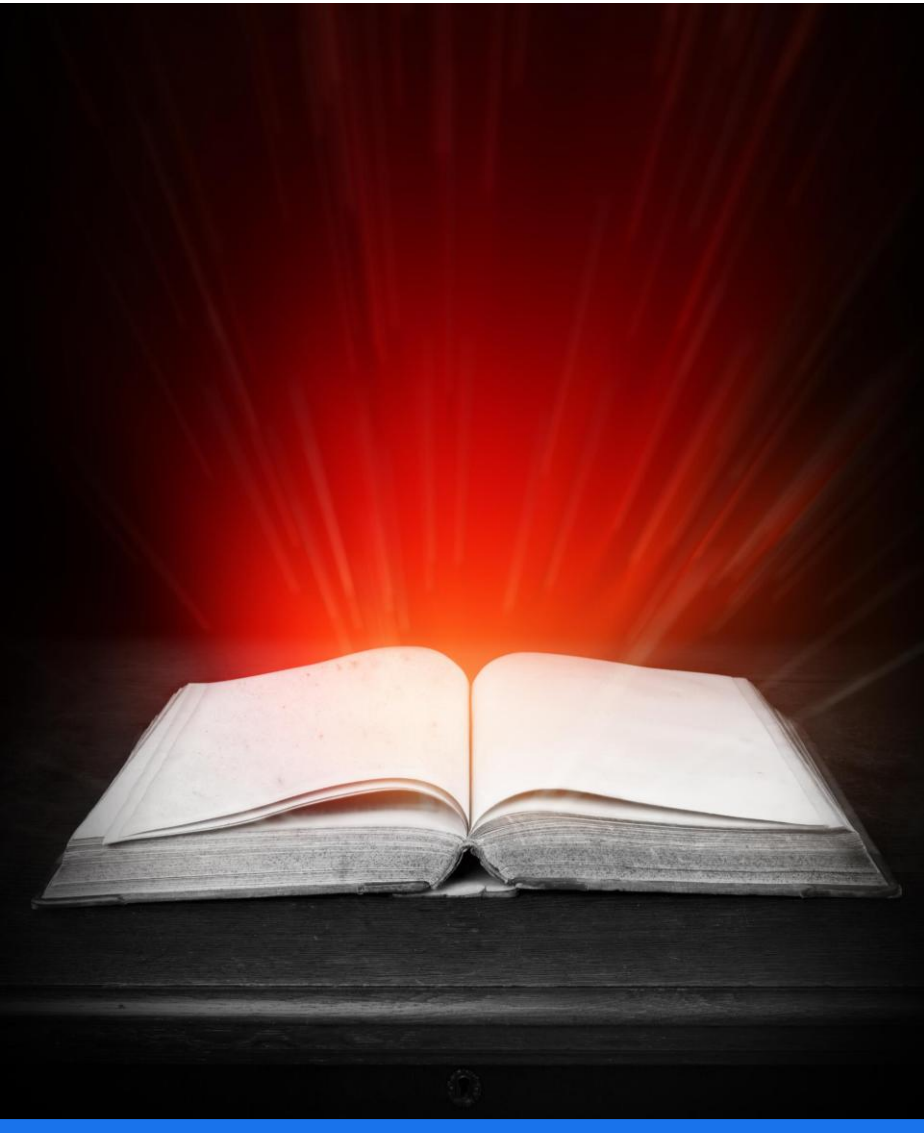
Fostering Intimacy

Regular prayer fosters a deeper intimacy with God, creating a personal relationship that nurtures spiritual growth.



Strengthening Faith

Engaging in prayer strengthens a believer's faith, providing reassurance and support during challenging times.



Engaging Scripture

Spiritual Growth

Engaging with scripture is essential for nurturing spiritual growth and understanding one's faith.

Living Word of God

The Bible serves as the living word of God, providing guidance and nourishment for our souls.

Deepening Relationship

Consistent study of scripture enriches our understanding and strengthens our relationship with God.

Power of Worship

Expression of Love

Worship is an expression of love and reverence for God, reflecting our affection because of who God is and what God has done.

Lifestyle of Worship

Worship goes well beyond music. Worship is a lifestyle that honors God in every area of our lives.

Aligning with God's Will

Authentic worship cultivates a heart that is aligned with God's will and purpose for our lives.





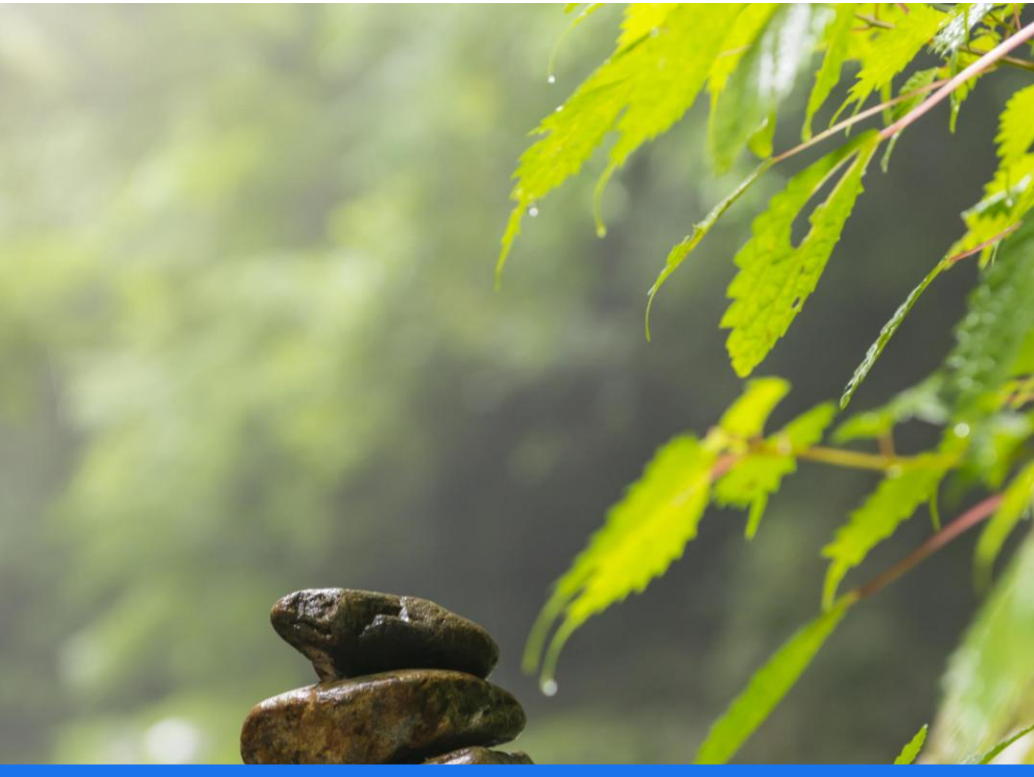
Spiritual Disciplines

practices that lead to a deeper relationship with God and empower personal, spiritual growth.
Can you find examples of each in the Bible?

- Prayer: _____
- Bible study: _____
- Fasting: _____
- Meditation: _____
- Service: _____
- Simplicity: _____
- Worship: _____
- Silence/Solitude: _____
- Giving/Stewardship: _____
- Fellowship: _____
- Celebration: _____
- Confession: _____

Fellowship with Believers

Connecting to Overcome Imbalance



Spiritual “Dryness”

Spiritual dryness indicates a lack of connection to the Source and may be a sign that we have become isolated.

Stress and Emotional Distress

High levels of stress and emotional distress can cause feelings of spiritual emptiness and disconnection.

Neglecting Spiritual Practices

Neglecting spiritual practices contributes to spiritual dryness, highlighting the need for regular self-care and reflection.

Addressing Root Causes

Recognizing and addressing the root causes of spiritual struggles is essential for achieving healthy balance and spiritual wellness

Fellowship with Believers is Essential



Prevents Disconnection

Spiritual dryness can lead to feelings of disconnection from God, affecting our overall spiritual well-being. Fellowship is a natural way of connecting with people.



The Antidote to Apathy

Apathy is a common sign of spiritual dryness, where individuals may feel indifferent towards spiritual practices.



Promotes Joy

Experiencing a lack of joy in spiritual matters can indicate spiritual dryness, prompting the need for renewal. Fellowship creates fresh space to discover how God is moving for others.



Fellowship through Spiritual Disciplines

Intentional Spiritual Discipline

Engaging in intentional spiritual practices is essential for connecting with God and growing in God's will – 1 Thess 5:16–18.

Prayer and Worship

Prayer and worship can reignite our passion for God and can prompt spiritual renewal – Ps 24:7–10; 34:1–3.

Scripture Study

Studying scripture allows us to understand God's message and strengthens our faith, leading to spiritual restoration – Ps 119:105–112; Acts 17:10–12.

Abiding in Christ

Growth Through Abiding



Cultivating Relationships

Abiding in Christ fosters a deep and fruitful relationship that nurtures our spiritual lives.



Reflecting the Character of Christ

Abiding in Christ enables us to reflect His character, demonstrating love, kindness, and compassion in our lives.



Producing Spiritual Fruit

Our abiding relationship with Jesus enables us to produce spiritual fruit that blesses others in meaningful ways.



Strength Received From Christ

Abiding in Christ

Drawing strength from Christ through a personal relationship empowers us during challenging times – John 14:12-14.

Source of Comfort/Rest

In moments of weakness, Jesus provides comfort and reassurance that strengthens our spirit – Matt 11:25-30.

Facing Difficulties

Relying on divine strength, we can confront life's challenges with the discipline of faith – Luke 1:37; Matt 17:20-21.

Realize Purpose in a Relationship with God

Clarity in Life

A relationship with God brings clarity to our lives, revealing our true purpose and direction – John 21:15-19.

Unique Calling

When we abide in Christ, our unique calling and gifts are revealed, enabling us to act on our prayer, “Thy kingdom come...,” by the way we represent Christ among one another – 1 Cor 12:4-13.

Contribution to God’s Kingdom

Our relationship with God empowers us to make meaningful contributions to God's kingdom and serve others – 1 Cor 14:1-5.

I am the ***vine***;
you are the ***branches***. If you ***remain in me***
and I in you, ***you will bear much fruit***; apart from me you can do nothing.
– John 15:5

Application: Renewing Spiritual Disciplines

Steps to Deepen Prayer Life

Consistent Prayer Schedule

Establishing a consistent prayer schedule helps prioritize communication with God, fostering a deeper relationship through regular practice.

Incorporate Journaling

Journaling allows us to reflect on our prayers and thoughts, enhancing our understanding and connection to our spiritual journey.

Engage in Prayer Groups

Joining prayer groups provides a supportive community that encourages collective prayer, enhancing spiritual growth and deepening connections.





Strategies for Regular Scripture Study

Reading Plans

Structured reading plans help organize scripture study, making it easier to stay consistent and focused on scripture passages.

Meditation Practices

Meditation on scripture allows for deeper contemplation and helps internalize the teachings and messages found in God's word.

Group Discussions

Discussing scripture with others brings diverse perspectives, enriching the study experience and fostering community learning.

Enhancing Worship Practices

Diversity of Worship

Exploring various forms of worship, including music, art, and service, allows for rich spiritual experiences.

Spiritual Enrichment

Engaging in diverse worship expressions adds depth and additional meaning to our spiritual connection and draws us closer to God.

Community Engagement

Service and involvement in community activities can enhance our worship practices. This can foster a deeper sense of belonging and a greater appreciation for how other people engage with God.





Conclusion

Importance of Relationship

A vibrant relationship with God is crucial for maintaining spiritual health and overall well-being.

Prayer and Worship

Engaging in prayer and worship allows for a deeper connection with God and enhances spiritual vitality.

Addressing Spiritual Dryness

Recognizing and addressing spiritual dryness is key to thriving in our faith and living purposefully.